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February

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The Missoula Mental Hygiene Clinic Staff and
The Missoula Health Department's Public Health
Nurses Meet Jointly To Coordinate Their Activ-
ities in Mental Health. The Clinic Staff Mem-
bers Provide In-Service Education For The
Public Health Nursing Staff Also.

FAMILY HEALTH SERVICES FOR THE MENTALLY ILL



Donald K. Jones, M.D., Practicing Psy-
chiatrist, the Mental Health Education
Consultant and Reginald DuMontier,
Chairman of the Community Education
Group in Flathead County Plan Together

**Montana State Board
of Health
Helena, Montana**



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PROJECT STAFF

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1964 ANNUAL REPORT -- MENTAL HEALTH PROJECT

A. Administration

Staff Changes

The continued illness and subsequent death of Miss Wava Dixon in January, 1964, necessitated several changes in the Division of Public Health Nursing. These changes affected the administration of the Mental Health Project only minimally, however, since routine administrative duties assigned to the assistant director were continued without interruption. Miss Frances Seyler remained in her role as substitute for Miss Dixon until a Director was named February 15. Since that date the duties formerly assigned to the assistant director have been the responsibility of Mrs. Virginia Kenyon.

Miss Kyle was assigned to the specialized nursing consultant role in the project leaving the generalized nursing consultant position vacant. Although recruitment for this position has been unsuccessful, the Nursing Division staff now has two members prepared in "Mental Health in Public Health." This fact allows for more comprehensive planning for consultation to public health nurses visiting the mentally ill and their families as well as for more depth in the integration of mental health concepts into all programs involving public health nurses in the State.

The Medical Social Consultant of the State Board of Health has been, during this year, a participating member of the Project staff, attending Mental Health Unit Staff Meetings as well as the Joint Staff Meeting at Montana State Hospital.

In January, 1964, Dr. Stanley Rogers filled the position of Superintendent of Montana State Hospital which had been vacant for several months. The resignation of the former administrator had been followed by the resignation of the physician responsible for liaison with Mental Health Project personnel. During this interim period, no liaison activities were possible; however this had no adverse affect on referrals of released patients.

Cooperation of State Hospital Staff

Doctor Roger's philosophy has strengthened the cooperative relationship between the State Board of Health and Montana State Hospital. His awareness of the need for community involvement of the care of the mentally ill has encouraged the referral of patients to public health nurses by hospital staff. Through the efforts of Dr. Rogers, the inclusion of nursing administration of Montana State Hospital in cooperative planning for released mental patients has been evident for the first time since the beginning of the project. (Nursing staff members at the hospital have provided assistance and information about individual patients whenever such requests were made.)

The Joint Staff Meeting of Montana State Hospital and the State Board of Health was held at Warm Springs on September 21. At this meeting hospital

nursing administration was present as a participating department of the hospital staff. This was an unstructured discussion rather than a formal presentation of problems. Varying points of view were presented which resulted in more understanding of problem areas inherent in planning for after-care of released mental patients.

The role of the Mental Hygiene Clinics in providing consultation to local public health nurses was clarified. Although Mental Hygiene Clinics remain short of staff in some areas, Doctor Rogers is willing that services be provided as staff limitations will allow.

It was decided at the Joint Staff Meeting that as a part of her liaison to public health nurses in the State, Miss Kyle would attend discharge clinics at regular intervals. Information obtained at these clinics is relayed to public health nurses in advance of the patient's discharge for their use in preliminary planning with families. This has been a valuable addition to the program.

Orientation of new staff public health nurses in the State was provided at Montana State Hospital for nine nurses at two one-week sessions in the Spring. This session included all nurses employed at that time who had not been present for previous orientation sessions.

The staff of the intensive care unit has been asked to participate in a nursing education project for student nurses during their affiliation at Montana State Hospital. This project is designed to acquaint the students with the relationship of the Mental Hygiene Clinic to other local agencies providing services to the mentally ill.

Nursing Service Case Register

Better follow-up of mental patients has been made possible through the establishment of a nursing service case registry by the Mental Health Nursing Consultant. The registry enables all nursing consultant staff to be aware of public health nursing visits to this category of patient, thus pointing up supervisory needs of public health nurses in the State. In order to facilitate record keeping, it was necessary to separate the patients receiving public health nursing visits because of mental illness from those with emotional problems. Provision for this was made by separating these categories for coding on the nurse's daily report sheet. See Exhibit I.

Montana Nurses Association

Through the efforts of the supervisor in the intensive care area, a Psychiatric Nursing Conference group in the Montana Nurses' Association was organized this year. This group is open to all nurses working with mentally ill patients. The establishment of this group is a direct result of Mental Health Unit Staff attendance at the workshop on Psychiatric Nursing sponsored by the American Nurses' Association in Kansas City in 1963, and is expected to increase interest on the part of all nurses interested in the care of the mentally ill.

Medical Advisory Committee

Because no alteration of the program has been anticipated, the Medical Advisory Committee in the Butte-Anaconda area has not met this year. They continue to be informed of activities of field staff through annual reports.

Members of the Mental Health Unit serve on the Montana Mental Health Planning Committee and some of them are on the Steering Committee.

Health Education

Consultation in Health Education in mental health was provided in December by Miss Nell McKeever, mental health education consultant in Region IX, San Francisco. This was most helpful and it is regrettable this consultation was not planned for earlier in the project.

After reviewing the status of this aspect of the project, guide lines to the end of the project were developed as follows:

In the Butte-Anaconda Area

- It was decided to continue the present discussion groups but no more would be started. An attempt will be made to seek out discussion leaders and if possible find trained mental health resource persons so that the discussion groups can be continued after the project is completed.
- Provide workshop opportunity for teachers and other professional groups.

Flathead County

- With the leadership that has evolved it seems rather specific plans for the future can be planned. Since there is an interested practicing psychiatrist in the county, he and the other professional persons in the community education group might well be interested in discussing the mental health services that are needed in the future and develop some plans to meet these needs.

Many of the same persons interested in mental health education activities are also interested in the problems of mental retardation. Several of the SBH educators are working with groups studying mental retardation and it is expected that this will contribute to an understanding of the difference between mental illness and mental retardation. It is believed that the work with these groups will strengthen the interest in mental health, in the Butte-Anaconda and Flathead County areas.

Planning is underway for a Seminar on Mental Health to be held in two sessions of four days each. One in March 1965 and the other in June 1965. This seminar is sponsored by the Western Branch of the American Public Health Association and the Montana Public Health Association. The preliminary response to an interest inquiry is excellent, with 90 persons having indicated an interest in attending, and it may be that more will make application than the 50 to which attendance will probably be restricted. This seems to speak well for the "recognition of professional persons in their need for continuing education in Mental Health." It is anticipated that more nurses will attend than from any other discipline.

Generalized Public Health Services Project

Toward the close of this fifth project-year, the possibility of working toward the development of generalized public health services looked more prom-

ising in Silver Bow County than it has at any time during the years of this project.

Through funds provided for more intensified services in tuberculosis control in Silver Bow County, a tuberculosis control grant was given to the State Board of Health by the Public Health Service.

This project aimed at tuberculosis control is planned to be carried out through the development of a full-time health department. Mary E. Soules, M.D., M.P.H., disease control director on the State Board of Health, has been assigned to this project. Assisting her are other State Board of Health staff as follows: Mrs. Kenyon, Miss Fay Sweeney, Public Health Nursing Consultant, Vern Sloulin, chief of the general sanitation section and Miss Robinson.

A part-time health officer who is interested in providing improved health department services has been employed. The nursing services will be strengthened by the employment of a public health nursing supervisor. In addition, the budget for a nurse formerly provided by the State Tuberculosis Association has been absorbed by this project. Before the project was initiated, the nurse employed on the Tuberculosis Association budget worked independently in tuberculosis control.

As now set up there is one full-time and a part-time trained public health nurse. In addition the county will employ a sanitarian. With the exception of the school nursing services in the Butte public schools, the development of a coordinated public health program seems closer to a possibility.

Plans are underway to begin the transfer of patients from the "Family Health Services of the Mentally Ill" to the nurses in the local health department, so that in so far as staff permits, the patients in need of continued public health nursing services will get it.

In addition to the services in public health nursing and public health education which have been provided by this project, several other State Board of Health sponsored programs have been developed with volunteer groups in Silver Bow County.

The persons in these groups, together with some of the citizens who have worked in years past promoting the establishment of a health department, could well form a nucleus group to work toward further accomplishment. Early in the next year it is planned that the health educator will follow through this proposal to determine local interest.

B. Public Health Nursing Facilities

1. Referrals

Referrals to the intensive care unit total seventy-five (75). Of this number thirty-nine (39) were referrals from physicians, Mental Hygiene Clinics and other agencies in the Butte-Anaconda area. In the same period there were sixty (60) referrals from Montana State Hospital to public health nurses statewide. Eighteen (18) referrals from other sources to other public health nurses in the State were received in this period. Patients being visited during the past year who were admitted prior to 1964 were: from Montana State Hospital to Silver Box, 65; State, 97. Also admitted before 1964 but carried during 1964 were 17 patients from Silver Bow and 21 from the rest



A Local Public Health Nurse In Hill County Helps A Family Plan For The Care of The Mentally Ill Person In The Family.

of the State, referred from practicing physicians or Mental Hygiene Clinics.

In the past year in the intensive care area, nurses made a total of 1,193 visits to mentally ill patients plus 416 visits to family members. At the end of the year, 93 patients were carried in the "active" case-load. Most of these patients are seen at least once a month.

Nurses statewide have made 736 nursing visits to patients with mental illness. Thirteen hundred fifty-six (1356) visits have been designated to the category coded as "emotional problems." This category includes those mentally ill persons pending diagnosis, children with learning and behavior problems and others.

2. In-service Nursing Education

Intensive area staff in-service education has been a by-product of the regularly scheduled psychiatric consultation instituted last year. In addition to case discussions, information is provided concerning new drugs for mental patients, psychological testing and other diagnostic tools.

Staff members have attended a workshop on Mental Retardation sponsored by the State Board of Health, the Montana Association for Mental Health annual meeting, and the American Nurses' Association sponsored Psychiatric Conference in Kansas City.

Nine area conferences were conducted in five geographic areas for local public health nurses in the State. The first five conferences were designed to assist the nurses with human relationships as these are concerned with their work with patients and in interviewing in general. They were planned by the Mental Health Nursing Consultant and conducted with assistance from the Health Education Consultant and the Medical Social Worker.

The second conference reinforced the nurse-patient relationship theme

through the use of case material provided by the nurses themselves. The first five conferences were attended by fifty-two (52) public health nurses plus eleven (11) student nurses. Fifty-four (54) public health nurses have attended four (4) follow-up conferences.

During the second conference the nurses were able to assume more responsibility for constructive criticism of their own recordings. Reports of visits from many of the local nurses demonstrate more depth in home visit content since these conferences.

Efforts will continue to focus on the improvement of public health nursing skill in providing service to mental patients as well as in the prevention of mental illness.

Plans are complete for orientation of some of the Montana State Hospital staff to a Health Department. This will be done early in 1965.



The Public Health Nursing Consultant and the Public Health Nursing Supervisor in the Missoula City-County Health Department Plan for the Orientation of State Hospital Staff Members to the Health Department.

C. Health Education Activities

Activities have been carried out to implement the plans and recommendations included under the administration section of this report.

Workshops and conferences attended by the health educator included:

1. Workshop on Mental Health for Teachers--held at Missoula--and sponsored by Montana Association for Mental Health and local Chapter.
2. Annual Meeting of National Association for Mental Health--held in San Francisco.

The workshops on mental health for the clergy in the Butte-Anaconda area in March 1964, and the one for the clergy and other professional persons in Kalispell were held during the same week. These workshops were co-sponsored by the State Board of Health, Montana Association for Mental Health, local Mental Health Committees and Montana State Hospital.



The Local Chairman Of The Butte Community Education Group, The Executive Secretary of the Montana Association for Mental Health, the Superintendent of the State Hospital and the Executive Officer of the State Board of Health Discuss the Interests of Their Respective Agencies in Mental Health. This Particular Discussion Took Place at the Mental Health Workshop for Clergy in Butte.

There were 38 clergymen who attended the workshop in Butte and 107 persons attended a dinner meeting which was open to persons other than the clergy. Counties adjacent to Silver Bow and Deer Lodge Counties attended.

The professional persons at Kalispell from several counties included physicians, ministers, social workers, nurses, school counselors and other personnel. There were 93 who attended this workshop.

For these two meetings, financial assistance from the Denver Regional Office of the Public Health Service made it possible to bring in two out-of-state resource persons who contributed a great deal to the success of these workshops. Those attending these workshops have requested another and suggest that more persons be invited.

Agency Interest in Mental Health Was Discussed at the Kalispell Workshop by the Executive Officer of the State Board of Health (L), Director of the Missoula Mental Health Clinic, Superintendent of the State Hospital, Executive Secretary of the Montana Association for Mental Health. Pictured in the Center is a Local Participant Who Presided.



Various types of programs have involved many persons through varied groups.

<u>TYPE OF PROGRAM</u>	<u>TOPIC</u>	<u>GROUP INVOLVED</u>
I. <u>Butte-Anaconda Area</u>	"Building a Healthy Personality", with use of outline and pamphlets.	P-T.A. Study Groups of Greeley, Emerson, and Madison P-T.A.s
1. <u>Study Groups</u> meeting regularly in 2 hr. sessions in the homes of members.		Jr. Women's Club
		St. Joseph's Catholic School...mothers of children in first three grades. (Meet in the School)
A TV Program sponsored by Butte Ministerial Ass'n. was participated in by representatives of three study groups -- Jr. Women's Club, Greeley and Emerson P-T.A.s.		
(This type program was initiated in 1963 through the Subcommittee on School Mental Health)		
2. <u>Classroom Discussion as demonstration</u> and followed up by class instructor.	Same as above.	Butte High School Health Education & Sociology Classes.
3. <u>Group Discussion at regular meetings</u> with or without the use of a film.	1. "Building a Healthy Personality" 2. "Sibling Relations & Personality" (film used with discussion) 3. Child's Emotional Development film "Who Cares About Jamie?" used to focus discussion.	Butte Flat TOPS 1. Jr. Women's Club, Butte 2. Harrison P-T.A. 3. St. Mary's Home & School Ass'n. 4. Immaculate Conception Home & School Ass'n. 5. Madison P-T.A. Washington P-T.A. (Anaconda)

<u>TYPE OF PROGRAM</u>	<u>TOPIC</u>	<u>GROUP INVOLVED</u>
4. <u>Workshop on Mental Health</u> (2 days)		The Clergy in Butte, Anaconda and surrounding counties.
(This was co-sponsored by State Board of Health, Montana Association for Mental Health, and local Associations, Montana State Hospital and local clergy----financial assistance from Regional (Denver) Public Health Service.)		Local Planning Committee (Clergy, etc.) held several meetings and also participated on the program.
II. <u>Statewide Area</u>		
<u>Flathead County</u>		
1. Regular Program Meeting of Community Education Group on Mental Health at which the public is invited.	1. Child's Emotional Development. (Film & discussion, with local resource persons.	Citizens representative of various Clubs, etc. in Flathead County who are on the "Committee".
	2. Children's Behavior Problems, discussion with use of chart of Dr. Gladys Holmes who with two of her staff were resource persons.	
	3. Young people in trouble (Film, "Compulsive Car Thief" used with local resource persons)	
	4. "Chain of Care" (Film and discussion)	
2. Group discussion at regular meetings of various groups.	1. Young people in trouble.	1. Whitefish P-T.A. (large audience was divided into smaller groups)
	2. Same as above.	2. Hospital Nurses and other staff.
	3. "Sibling Relations & Personality" (film & discussion, with local resource persons)	3. Whitefish P-T.A.
	"Children's Emotions" (Film & discussion with local resource persons)	Whitefish Home Demonstration Club

<u>TYPE OF PROGRAM</u>	<u>TOPIC</u>	<u>GROUP INVOLVED</u>
3. Workshop on Mental Health (2 days) for Professional Persons.	Mental Health	Professional Persons in Flathead County & Surrounding Areas.
(Workshop jointly sponsored as was that held at Butte for the clergy, except that the Community Education Group on Mental Health was the local sponsoring group and took an active part in every phase of the workshop program.)		
4. <u>Madison County</u>		
1. <u>Group Discussion at regular meetings, with or without the use of a film.</u>	"Sibling Relations & Personality", (film and discussion)	Twin Bridges P-T.A.
5. <u>Beaverhead County</u>		
1. Classroom discussion, as a demonstration to be followed up by regular instructors.	"Building Good Mental Health" with use of outline and pamphlets.	Western Montana College ...Health Education & Psychology Classes. (5 Classes)

Use of Films and Literature

There have been 6 new films on mental health added to the State Board of Health library, bringing the total that are useful in mental health education programs to 17. During this year they have been seen by 1,569 persons.

Added to the Library were 8 new mental health books.

The use of mental health literature in the study groups continues. In addition, individual requests coming in by mail indicate that a total 3,000 pieces have been distributed.

At the request of one of the reporters on the Helena Independent-Record (newspaper) an article on the project was prepared and used in one of the paper's editions. The State Board of Health Biennial Report Contains a section on this project.

